



THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT  
"WE ENRICH LIVES THROUGH QUALITY PARKS AND PROGRAMS"

# COLINA DEL SOL POOL

4150 54<sup>th</sup> Place • San Diego, CA 92115 • (619) 235-1147 • [www.sandiego.gov](http://www.sandiego.gov)

## 2010 SUMMER PROGRAM

EFFECTIVE JUNE 28 – SEPTEMBER 6, 2010

### LAP SWIM

Monday – Friday 1:00 pm – 4:00 pm  
Saturday/Sunday 12:00 pm – 4:00 pm

### RECREATION SWIM

Monday – Friday 1:00 pm – 3:15 pm  
Saturday/Sunday 12:00 pm – 4:00 pm

**HOLIDAY HOURS: JULY 5** 12:00 pm – 4:00 pm  
**LABOR DAY: SEPTEMBER 6** 12:00 pm – 4:00 pm

Specific lanes/areas will be designated for Lap & Recreational swimming, however, pool may be utilized for other programs during designated Lap/Recreational swim times.

### FACILITY ADMISSION FEES

Adults (16 years & older) \$4.00  
Child/Disabled/Senior \$2.00

All persons entering the facility during Recreation and Lap Swim times MUST pay the admission fee.

- Children under 7 years of age or less than four feet tall must be accompanied by a paying parent or responsible adult in a swimsuit at all times. While in the water, a parent or responsible adult must remain within arms reach of the child.

### DISCOUNT PASS FEES

Passes expire one year from the date of issue and can be used at any City pool.

Adults (16 years & older) \$100.00/30 swims  
Adults (16 years & older) \$35.00/10 swims  
Child/Disabled/Senior \$45.00/30 swims  
Child/Disabled/Senior \$15.00/10 swims

### WATER FITNESS

ABC, Aquatic Body Conditioning is a medium paced cardiovascular workout designed for an overall body exercise emphasizing all the major muscle groups.

Tuesday, Thursday 6:00 pm – 7:00 pm  
Adults/Seniors \$3.50/class  
DISCOUNT PASS \$30.00/10 Classes

### CITY OF SAN DIEGO SWIM LEAGUE

City of San Diego Swimming (CSDS) is a recreational swim organization for youth ages 5-17 years old, which offers a quality, safe program that is committed to developing basic competitive swim skills while promoting fun and team spirit. Swimmers are encouraged to participate in swim meet competitions with other City of San Diego pools. Prerequisite: completion of Competitive Skills I course or Pool Manager's approval.

### WHITE TEAM

Monday, Wednesday, Friday 5:00 pm – 6:00 pm  
\$25.00/month

### SILVER TEAM

Monday – Friday 6:00 pm – 7:00 pm  
\$35.00/month

### COMPETITIVE SKILLS

Monday – Thursday 3:30 pm – 4:10 pm  
\$53.75/2 weeks

### DIVE IN MOVIE NIGHTS

July 16 and August 13 8:00 pm – 10:00 pm  
Adults: \$4.00 Child/Disabled/Senior: \$2.00



**All City of San Diego parks, pools,  
and beaches are smoke free**

## SWIMMING LESSONS

Classes are held Monday through Thursday.

Classes are 40 minutes.

**MAIL-IN REGISTRATION BEGINS MAY 10.**

**MAIL-IN FORMS AVAILABLE AT POOL.**

**WALK-IN REGISTRATION BEGINS JUNE 12.**

**SESSION 1** June 28 – July 8 (no class July 5)

**SESSION 2** July 12 – July 22

**SESSION 3** July 26 – August 5

**SESSION 4** August 9 – August 19

**SESSION 5** August 23 – September 2

FEES:	Resident	Non-Resident
Large Group	\$53.75	\$107.50
Small Group	\$80.75	\$161.50
Private Lessons	\$180.00	\$360.00
Semi Private Lessons	\$150.00	\$300.00

### CLASS TIMES

3:30 pm – 4:10 pm	Tots	Beg. 1	Beg 3
4:15 pm – 4:55 pm	Adv Tot	Super Tot	Beg. 2
5:05 pm – 5:45 pm	Tots	Beg. 1	Beg. 2
5:50 pm – 6:30 pm	Adv Tot	Parent/Tot	Adult

**COURSE DESCRIPTIONS** and age ranges should be used as suggested guidelines for appropriate student enrollment. For full descriptions of all classes please contact the Pool Manager or log on to:

<http://www.sandiego.gov/park-and-recreation/aquatics>

**REFUND POLICY:** Extra care should be given to the selection of classes. There are **NO REFUNDS**. Class transfers or credit towards another aquatic program may be requested and must be authorized by the Pool Manager. Full refund will be granted only if the class is canceled by the Pool Manager.

**RENTALS:** All City pools are available to rent for exclusive or shared use (birthday parties, school activities, athletic team activities, company parties, special events, etc.). More information may be obtained from the Pool Manager.

**SAFETY CHECKS:** There may be ten-minute safety checks conducted every half hour or every hour during Recreational Swim hours.

**NON-RESIDENTS:** Rates listed are for residents only. Proof of residency will be required. Non-residents must pay twice the resident rate.

• The City of San Diego Swimming Pools may close without notice during inclement weather conditions.

## YOUTH WATER POLO

Participants are introduced to basic water polo skills with emphasis on teamwork and sportsmanship. Participants must be able to swim 200 yards continuously and tread water for one minute.

Tuesday, Thursday

5:00 pm – 6:00 pm

Friday

4:00 pm – 5:00 pm

\$25.00/month

### KEEPING THE POOLS CLEAN & OPEN

- When the pool is contaminated with fecal matter, the pool must close.
- Children should use the restroom before entering the pool, wash their hands with soap and water and shower.
- Children 3 years of age and younger are required to wear a tight fitting "swimsuit diaper" or tight fitting plastic pants and a swimsuit.
- Patrons are not permitted to swim in the pool if they are suffering from an illness that causes diarrhea or have had diarrhea in the past two weeks.
- Patrons must abide by the "no street shoes on the pool deck rule"

**EMERGENCY TESTING:** All City pool personnel are subject to emergency testing at any time. Patron patience and cooperation during these drills are greatly appreciated.

**DONATIONS:** By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks, neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call David Monroe, Deputy Director CPII Division, (619) 525-8235.

### **VOLUNTEERS NEEDED!**

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit [www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml](http://www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml) or contact the Volunteer Office at (619) 533-4017.

• All Aquatics programs, schedules and fees may change and/or be cancelled without notice.

As a recipient of federal funds, the city of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with either the City of San Diego Park and Recreation Department (contact District Manager (619) 533-6526) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request.